

# Whole Grain Rich Breakfast Burrito

BREAKFAST

SERVING SIZE 1 burrito

YEILD: 24 Servings

2 oz eq grain, 1 oz eq m/ma, ½ cup veg (fruit)

## Ingredients and Instructions

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Whole Grain Tortillas (2 oz eq)

24 Each

Eggs, Large, scrambled

24 Each (6 cups liquid eggs)

Cheese, Cheddar, shredded

2 Pounds 4 Ounces

Sausage (optional)

2 Pounds 4 Ounces

Peppers, Bell, sautéed

6 Cups

Salsa

6 Cups

1. Slice peppers, sauté until tender and set aside

2. Cook scrambled eggs and sausage. Do this separately if offering meat free option.

3. Begin assemble of burrito. 1 wrap will be filled with at least ¼ cup of scrambled eggs, and ¼ cup of peppers. Serve with ¼ cup salsa. This will provide you with a 2 oz eq grain, 2 oz m/ma, and ½ cup vegetable. This provides you with a complete reimbursable breakfast. Adding cheese and sausage will be additional.